

Daily Mood Tracker

Track your mood, increase awareness, and build emotional insight

Why Use a Mood Tracker?

Tracking your mood daily can help you:

- Identify patterns in how you feel
- Understand emotional triggers
- Notice how habits, relationships, or routines affect your mental health
- Practice mindfulness and self-reflection
- Catch shifts in mood early before they escalate

In DBT and coaching-style therapy, we use mood tracking not just to observe emotions—but to build awareness and make intentional changes.

How to Use This Tracker

Each day, take 2–3 minutes to fill in the prompts. Do it at the same time daily (e.g., before bed or after dinner) to build a habit.

Daily Mood Tracker Template

Date: _____

Overall Mood Today:

- ☐ Very Low
- ☐ Low
- ☐ Neutral
- ☐ Good
- ☐ Very Good

What emotions did I notice today?

(e.g., anxious, angry, joyful, numb, irritated, calm)

→ _____

What triggered these emotions?

→ _____

How did I respond?

- ☐ Reacted impulsively
- ☐ Used a DBT skill
- ☐ Asked for support
- ☐ Avoided or shut down
- ☐ Handled it with awareness

DBT Skills I Used Today:

(Check all that apply)

- ☐ **Mindfulness** – Staying present, observing thoughts and feelings without judgment
- ☐ **Distress Tolerance** – Getting through tough moments without making things worse (e.g., TIPP, self-soothe, IMPROVE)
- ☐ **Emotion Regulation** – Identifying emotions, checking the facts, opposite action
- ☐ **Interpersonal Effectiveness** – Asking for what I need, setting boundaries, using DEAR MAN or GIVE
- ☐ **Wise Mind** – Making choices from a place of balance and inner knowing
- ☐ **Radical Acceptance** – Letting go of what I can't control
- ☐ **Cope Ahead** – Preparing for something challenging before it happens
- ☐ Other skill(s): _____

What helped me feel better or stay balanced?

→ _____

What do I want to remember for tomorrow?

→ _____

Sleep Quality (0–10 with 10 being the best):

→ _____

Energy Level (0–10 with 10 being the highest energy):

→ _____

Movement Today:

- ☐ No movement
 - ☐ Light activity (walk, stretching)
 - ☐ Moderate exercise
 - ☐ High-intensity movement
 - ☐ Other: _____
-

What I Want to Carry Into Tomorrow:

→ _____
